



2009-10 SA Open Water Championships Qualifying Events

October 2009			
11	UCT Roggerbaai Channel Swim 1	Western Cape	3km
18	Vineyard Open Water Swim	Western Cape	3km
25	Maselspoort 1000	Free State	3km & 5km
25	Rynfield Mile	Gauteng	3km & 5km
31	Telkom/Dis-Chem Sun City Swim	NWP	3km
November 2009			
01	Margate 1000	Kwa Zulu Natal	3km
01	Barracuda Open Water Series 1	Western Cape	3km , 5km & 10km
08	Central Gauteng Aquatics Mile	Gauteng	3km & 5km
22	Barracuda Open Water Series 2	Western Cape	3km, 5km & 10km
22	Bonitas Sunday Tribune Capital K Swim KZN 3km Champs	KwaZulu-Natal	3km
29	Heritage 1000	Gauteng	3km & 10km
December 2009			
05	WPA OWS Champs	Western Cape	3km & 10km
06	WPA OWS Champs	Western Cape	5km & 1km
06	Emerald Challenge	Vaal Triangle	3km
06	Albert Falls 1000 KZN 10km Champs	Kwa Zulu Natal	10km
13	5th Ocean Racing Series – (Race 6)	Eastern Cape	3km
20	Midmar 1000 KZN 5km OWS Champs	KwaZulu-Natal	5km & 1km
27	Sabrina Love Ocean Challenge 6km	Eastern Cape	6km
January 2010			
10	5th Ocean Racing Series –(Race 7)	Eastern Cape	3km

10	Barracuda Open Water Series 3	Western Cape	3km,5km & 10km
16	Blue Fins 1000	Free State	3km & 5km
16	Trichardsfontien 1500	Mpumalanga	5km
16 & 17	Marina Martinique Canal Swim	Eastern Cape	3km, 5km & 10km
17	Vineyard Swim	Western Cape	3km & 5km
24	5th Ocean Racing Series –(Race 8)	Eastern Cape	3km
24	Heritage ¾ Mile	Gauteng	5km
30 & 31	EPA OWS Champs	Eastern Cape	3km, 5km & 10km
February 2010			
	Midmar Mile Water Festival		
12	SA Championships 3km & 5km incl Disabled & Masters	KwaZulu-Natal	25km
14	5th Ocean Racing Series – (Race 9)	Eastern Cape	3km
14	Brian Curtis Mile	Western Cape	3km
15	Midmar Mile Water Festival SA Championships 25km	KwaZulu-Natal	3km & 5km
21	Barracuda Open Water Series 4	Western Cape	3km,5km & 10km
27	Sterkfontein 1500	Free State	3km
28	SPAR Redhouse River Mile	Eastern Cape	3km
March 2010			
06	UCT Roggebaai Channel Swim 2	Western Cape	3km
07	5th Ocean Racing Series – (Race 10)	Eastern Cape	3km
21	5th Ocean Racing Series – (Race 11)	Eastern Cape	3km
21	Rotary Ebenezer Mile	Limpopo	3km
28	Golden Mile	KwaZulu-Natal	3km
28	Pick 'n Pay Bosveld Mile	Limpopo	3km
April 2010			
04`	MTN Nelson Mandela Bay Splash Festival	Eastern Cape	6km & 3km

11	5th Ocean Racing Series –(Race 12)	Eastern Cape	3km
17	SA National Aquatics Championships SA OW Championships 10km	KwaZulu-Natal	10km
May 2010			
01	The Cadiz Freedom Swim	Western Cape	3km